

Choose
Do
Live

WELL
FOCUSED ON YOU. UW SYSTEM BENEFITS.

Spring 2022

To live well, it is important to take care of yourself—physically, emotionally, and financially. One of the ways you can do that is by increasing your knowledge about various aspects of your well-being.

Below is a selection of upcoming webinars that are available to help keep your well-being on track! Most of the webinars require registration, last approximately 60 minutes, and all are listed in Central Standard Time (CST).

FINANCIAL HEALTH

WRS: PREPARING FOR YOUR RETIREMENT	<i>April 14, 2022</i>	<i>1:00 pm</i>
WDC: YOUR JOURNEY TO RETIREMENT	<i>April 19, 2022</i>	<i>4:00 pm</i>
WRS: UNDERSTANDING YOUR STATEMENT OF BENEFITS	<i>April 20, 2022</i>	<i>11:00 am</i>

SOCIAL HEALTH

MANAGING CHANGE IN OUR EVER-EVOLVING WORLD	<i>April 13, 2022</i>	<i>12:30 pm</i>
ASSESSING THE MENTAL HEALTH OF ADOLESCENTS OR YOUNG ADULTS	<i>May 11, 2022</i>	<i>12:30 pm</i>
WELL WI RADIO PODCASTS		<i>On Demand</i>

Ready to Register?

Register and view additional webinars
by scanning the QR code or visiting:

www.wisconsin.edu/ohrwd/well-being/webinars/

